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FLORIDA DEPARTMENT OF HEALTH IN WALTON CELEBRATES WORLD HEART DAY SEPTEMBER 29, 2017



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DeFuniak Springs, Fla.— The Florida Department of Health in Walton celebrates World Heart Day which raises awareness of cardiovascular disease. This year's World Heart Day will be celebrated on September 29, 2017 and the theme is "Share the Power." This theme emphasizes that the key to a healthy heart is to "know your heart, fuel your heart, move your heart, and love your heart."

One key element to remember about cardiovascular health is that many factors that cause an early death can be controlled and prevented through lifestyle changes. It is important to strive each day to protect your heart and the hearts of those you love. We encourage you to take the initiative to keep your heart charged and "Share the Power" to make a lasting difference in the health of your community.

Holly Holt, Health Officer, said "on this World Heart Day, let's commit to creating a healthier Walton through healthy lifestyle changes." Changes could include:

- Taking walks with your family and encouraging your friends to walk with you;
- Scheduling visits with your doctor to [talk about your heart health](#);
- Increase healthy eating by [cooking heart healthy meals](#); and
- Take steps to quit smoking by utilizing [Tobacco Free Florida's Quit Your Way Program](#)

These actions can contribute to the prevention of cardiovascular diseases such as heart attacks and strokes throughout Florida. Visit, www.worldheartday.org to find out what you can do to take action in this year's World Heart Day, as well as www.floridahealth.gov/stroke to learn more about stroke and how you can prevent heart disease.

Make sure you view the [World Heart Day](#) toolkit to access lots of information, resources, and guidance to support your World Heart Day activities.

About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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